

Indiana Leadership Academy

The Leadership Academy is an exemplary self-help program with consistently applied methodology utilized to improve outcomes for adults with mental illness. The curriculum promotes empowerment, leadership, organizational skill-development, citizenship rights, and collective advocacy. Evidence of the significance of the Leadership Academy has been validated through formal research, (Hess, Clapper & Hekstra, 2001; Sabin, 2002; Stringfellow and Muscari, 2002).



Division of Mental
Health and Addiction

Purpose: The Leadership Academy has proven successful for adults with mental health and/or co-occurring concerns because it emphasizes the importance of peer-support, responsibility, empowerment and recovery-oriented strategies. It is beneficial to the community-at-large by supporting collective advocacy, increasing networking and greater civic involvement, and improving awareness of and action on local issues and concerns.

Scope of Need: The Final Report of the President's New Freedom Commission on Mental Health (<http://www.mentalhealthcommission.gov/>) reinforced the goal of consumer-directed community integration as the key component of a strategy to fundamentally transform the delivery of mental health services in the United States. The goals and recommendations outlined by the Commission provide a framework for States and Territories to set priorities for new policies, programs, and practices and to eliminate unnecessary institutionalization.

Implementation: The Office of Consumer and Family Affairs partners with KEY Consumer Organization to put on an annual three day Leadership Academy training. The Division of Mental Health and Addiction (DMHA) sponsors the training, supports continued consumer networking and encourages Graduates to advocate for systems change and Olmstead planning and implementation. Each year, 20 adults with a mental illness are selected through an application process to participate in the Leadership Academy training course. The project actively seeks and encourages individuals of various ethnic backgrounds to apply and will strive for a balance of participants from urban and rural areas across the State of Indiana.

The Curriculum:

<ul style="list-style-type: none">• <u>Self Help</u> Obtaining skills to improve your quality of life• <u>Collective Advocacy</u> A group of individuals acting together to actively speak out• <u>Leadership</u> An individual taking a proactive role in offering guidance and direction	<ul style="list-style-type: none">• <u>Community Involvement</u> Taking an active role in exchanging information with a group of people having common interests• <u>Conducting Meetings</u> Ability to effectively lead a group of individuals to accomplish goals or exchange information• Developing <u>Consumer Run Organizations (CRO's)</u> and <u>Consumer Operated Service Programs (COSP's)</u>	<ul style="list-style-type: none">• <u>Issue Awareness</u> Monitoring for any actions proposed on a subject that is important• <u>Action Plans</u> A method of preparing for a project that involves breaking the project into steps, outlining desired results, resources needed to complete the project, and developing a timeline for completion
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